

Information on Running Your Program Without English Toolkits

The BodyWorks program has grown significantly over the past year and as a result, we are out of stock of English toolkits. Please read this document to learn how to conduct your BodyWorks program without English toolkits until new ones become available in fall 2011.

Earlier this year, the Office on Women's Health began the process of redesigning and updating the existing toolkit based on the 2010 evaluation as well as valuable feedback from all of our trainers. In addition, there have been changes to federal food and activity guidelines, which we will incorporate into the new curriculum and materials. The new toolkit will contain most of the same materials and cover most of the same topics, with an occasional change or omission. We will contact you as soon as we know when the new toolkits will be available. (Please note, until the updated toolkits are approved, we will not know for certain the exact contents.)

Because BodyWorks is a federally funded program, the new toolkit will need to go through an official review and approval process before we can resume distribution. This will likely take several months. In the meantime, trainers will need to use individual toolkit components and electronic resources to substitute for the English toolkits while they are unavailable.

During this time of transition, we would like to provide you with all the right resources so you can successfully run your BodyWorks program over the next few months.

Individual Toolkit Components

You can still order these individual components of the toolkit for your program using the online order [form](#):

- BodyWorks DVD (English and Spanish)
- For Teens Guide
- For Guys Guide
- Journal
- Eating Disorders and Obesity Booklet

For trainers instructing bilingual families, **Spanish toolkits are still available**. Please continue to order Spanish toolkits for your bilingual or Spanish speaking participants.

Toolkit Files Online

Contents of the toolkit are available in PDF format on the BodyWorks website. You can download these toolkit components and print them out for your program.

- [Body Basics](#)
- [For Teens](#)
- [For Guys](#)
- [My Journal](#) (for teens)
- [My Journal](#) (for families)
- [Recipe Book](#)
- [Meal Planner](#)
- [Shopping List](#)
- Toolkit Tag (coming soon)

Additional Resources

Provided below is a list of websites where you can access information and materials to help run your program.

[We Can!](#): Ways to Enhance Children's Activity and Nutrition

[Fruits and Veggies Matter](#)

[Health.gov](#)

[Fitness.gov](#)

[Nutrition.gov](#)

[My Plate](#)

[Center for Nutrition Policy and Promotion](#)

[Let's Move!](#)

Toolkit tags

While you continue to run your programs without toolkits, we will continue to track participants that go through the program. Available online [HERE](#) is a copy of the toolkit tag that you can download and hand out to your participants to complete. Please continue to have all participants fill out tags and mail them back to us as you would normally do.

Webinars

We will be hosting three webinars to discuss conducting a program without a toolkit and answer any questions you might have. If you are interested in participating, please register for one of the three webinar dates listed below.

[Thu, Jun 16, 2011 11:00 AM - 12:00 PM EDT](#)

[Tue, Jun 21, 2011 3:00 PM - 4:00 PM EDT](#)

[Wed, Jun 29, 2011 1:00 PM - 2:00 PM EDT](#)

If at any time you need further assistance or have questions about ways to run your program using these additional resources please feel free to contact us. We are available by email at bodyworks@hagerssharp.com or by phone at (202) 842-3600.

Thank you for your continued support.

The BodyWorks team

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